

Instructor Bio's:

Barb Tonzini, age 51, brings years of experiences in group training and personal training to BT Fitness @ HCLC. A lifelong love for health and fitness and a passion for helping people reach their fitness goals, has been the driving force behind her starting workouts at HCLC. What started out as a small group of women working out together twice a week in 2009, has blossomed into ten weekly classes, 20-30 regular participants and 3 instructors. Barbara received her Primary Group Exercise certification and Personal Trainer certification from AANA/ISMA. She is also certified in CPR/AED from the Red Cross. A former high school cheerleader and swimmer, she discovered aerobics and armature body building in college. In her spare time she enjoys spending time with her family, cheering her boys on from the sidelines, as well as, training for 10k's, half marathons and mud runs.

Sara Beauchemin, has been a member of HCLC fitness for over 7 years. She was inspired by Barb to pursue her interest in becoming a fitness instructor. She received her first certification as a PiYo instructor in 2015 and has been teaching PiYo for 2 1/2 years now. Sara enjoyed the classes so much she decided to get a second certification from Beach Body in Country Heat. This is a fun cardio class that doesn't even feel like you're working out! Throughout her teaching career Sara has taken yoga classes in her free time. This year she was introduced to Buti Yoga. This is a practice like nothing she's ever tried before, but instantly fell in love with it. Sara got certified to teach Buti Yoga in February and have been spreading her love for it ever since. This October Sara will be traveling to Hawaii for 2 weeks to continue her yoga training and complete my 200 hour RYT. "I'm so blessed to have found Barb Tonzini fitness and to have this beautiful space to spread our joy in! Thank you HCLC." Sara Beauchimen

Christine DeDomenico: I've always had an interest in martial arts. I grew up watching all the Bruce Lee movies? When I was a teenager I started taking Kung Fu. After getting married and then having kids I was hooked on Tae Bo! Once my children were in school full time, I started going to the gym. That is where I fell in love with Turbo Kick and met Barb. That was in December 2006!!! A few months later we found out the instructor was leaving in May and begged Barb to get certified and teach TK. We had to go without TK for months until the next certification. So on November 10, 2007 – I joined Barb and got certified with her!!!! I started teaching at various gyms (Hamilton Fitness, Champion, Gold's Gym and Fitness Zone). In January of 2010 I was invited to HCLC to give a demo class for Turbo Kick! I've been teaching at HCLC ever since.

Testimonials:

Our Fitness Classes by **Lorraine L.** age 65, 8 year participant

It isn't "our" workout class; it's each person's individual workout. It's your plank; however long you can hold it. It's your kicks, your punches, your lunges and the weights of your choosing because this is "your" workout! I've been coming to Barb's workouts from the beginning. The encouragement from her, and all the instructors and what we give to one another, you won't find anywhere else. If you're feeling up or down, we all reach out to one another. Just remember, it's not what you wear, or how fast or how long, it's how you feel inside. At HCLC, you will get a workout, you will get encouragement from all around, and you will feel better about yourself. We are family. To quote our motto "YES YOU CAN!"

Thanks ladies for pushing me!" **Dana B.**

"There is a commercial running for a gym that boasts "Judgment Free Zone." I've been going to a place like that for over 6 years. It's HCLC

Fitness. Since day one, Barb made me feel at ease. She has continued to welcome everyone of all ages, shapes and sizes. It's not all about the number on the scale, it's about feeling your best and being your best. I've watched as HCLC Fitness has evolved from only Boot Camp to adding Turbo Kick with Karen and PiYo, Buti Yoga and Country Heat with Sara. There are always modifications made for different fitness levels. We have become a fitness family and support each other and welcome new members all the time." **Rita B.** 7 year participant

"Great class...thank you Sara!! Love starting my day with so many beautiful ladies and feeling safe to be myself!" **Dawn D.**

"HCLC fitness is not just an amazing whole body workout. It is a body and mind transformation, a fitness inspiration. The program will allow you to exceed health, strength and wellness goals while being part of a loving community that cheers you on every step of the way. A personalized fitness program that will meet you wherever you are at, in your personal fitness journey." **Colleen M.** 4 1/2 year participant

"We all got it done and did great!!!! I know for me it is very motivating to meet and run with you guys" **Stacey N.**

"Since joining the HCLC fitness group in January of 2016, I am stronger and healthier than I have ever been, and I've lost almost 30 pounds! I could not have done it without Barb, Sara and the group. I am so thankful to the instructors for being so encouraging & motivational, they truly are an inspiration! It's a great thing HCLC fitness has going - a wonderful group of women, everyone is so welcoming & helpful." **Sarah G.** 1 year 8 month participant

"Thanks Barb! So good to work out with my fitness family" **Colleen M.**

Here's the blurb from the handout last week.

HCLC is also pleased to host a Fitness Ministry that is both well-run and well-known around town. Classes include PiYo, Buti, Boot Camp, organized runs, Circuit training, and more. In addition to leading people towards physical fitness, our Fitness Ministry also leads and encourages participation in the Witness and Mercy life of HCLC. Reminiscent of the words of St. Paul in *Philippians 4:13*, our Fitness Ministry's slogan is, "Yes I Can." A sample Fitness Ministry schedule is attached.